

country practitioner and chairman of the local Board of Health, being puzzled by an extremely bad skin disease among the negroes, and preferring to err on the side of safety, made a diagnosis of small-pox, and only by an attempt to segregate his patients discovered that he was confronted merely by the advanced stages of neglected ivy poisoning. This is a recognized difficulty in diagnosis, and Dr. Gilchrist, the specialist in skin diseases at the dispensary of the Johns Hopkins Hospital, strictly warns the medical students against the similarity of appearance in the two cases and the frequency of this mistake.

HYGIENE OF THE HOUSEHOLD

By EVELEEN HARRISON

Graduate Post-Graduate Training-School, New York

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ONE of the most important points to be considered during our hot summer months is how to keep cool. As this question has more or less an effect on our health both mentally and physically, allow me to give a few suggestions to the "home-makers" who for various reasons have to face the prospect of summer spent in their city homes.

I will illustrate by the case of a family who decided one summer that it would be impossible for them to look forward to their usual trip to the sea-shore, and the daughters, with a view to making the best of their disappointment, took up the bright idea of bringing a little of the country into their city home by dressing up the house in summer attire.

All heavy draperies were put away, as usual for the hot weather, but instead of "shrouding the rooms in brown holland and gloom," slip-covers were made of dainty French cretonne, the design being quantities of green leaves and violets strewn on a white ground. Even the lounge- and sofa-pillows were treated to slip-covers, so that the rooms had a cool, fresh appearance, which was further enhanced by simple, white dotted Swiss curtains floating airily at all the windows, relieved by a background of olive-green shades and easily moved awnings to soften the mid-day glare.

Flowers the girls declared they could not live without, so deep, broad boxes were fitted to the windows, also on the top of a tiny balcony leading out from the parlor window; and one of the daughters undertook the entire care of their "summer garden," for the boxes were filled with all varieties of sweet-scented flowers, and the windows framed with sweet peas, wild-cucumber vine, and clematis, filling the rooms with fra-

grance, and resting the eyes in their beauty. All unnecessary bric-a-brac was locked away to simplify the daily dusting, and bowls of wild-flowers or vases of field-grasses decorated the rooms in country style.

A gas-stove in the kitchen made cooking a pleasure, and allowed the preparation of dainty dishes without the stifling heat of a coal fire.

One daughter undertook the supervision of the dining-room; had the awnings pulled down and windows open top and bottom to create a draught before every meal; table spotlessly clean, and generously supplied with flowers, following out the thought of using wild-flowers in slender, tall vases, or filling a low glass bowl with moss covered in water, and then sticking in the moss a few large purple pansies.

Each day she aimed at serving a variety of fresh fruit and vegetables to form the chief part of the meal, with salads, poultry, and very small portions of meat; and iced desserts to tempt the appetite, making as far as possible a distinct difference from the heavy meats, soups, and rich puddings used in winter.

Cooling drinks of many kinds were to be found ready at a moment's notice in the refrigerator, in deference to the theory that the system craves plenty of fluid in hot weather to counteract the large amount thrown off in perspiration, and during very hot days, when even eating becomes a burden, a great deal of nourishment may be absorbed in liquid form. Dinner was served at one o'clock and "high tea" at seven. Candle-light instead of gas kept the rooms cool.

All the heavy pieces of silver were put away to save the weekly cleaning, glass and china taking their place. Everything that would save work for both maid and mistress was resorted to, the consequence being a rest to body as well as mind, and time for many pleasant excursions into the country in the cool of the early morning, returning after sundown laden with mosses, flowers, ferns, etc., whereby the country was literally brought into the city home.

Insects have been proved beyond doubt to spread disease, especially mosquitoes, flies, and roaches, and a constant battle has to be maintained to keep them out of the house. Fine wire screens at windows and doors are a great protection, but in the case of flies and roaches absolute cleanliness and no trace of food left uncovered are the best safeguard; as for fly-paper, it is so disgusting to look at, covered with the wriggling, tortured flies, that the remedy is far worse than the disease. A square of fine white organdy kept in the dining-room and thrown over the table when ready for a meal until the family have assembled will go far to solve the fly question.

The desire to make the best of things, even when obliged to remain in town all summer, and the determined effort to greet all with a smile

—instead of running down the weather and never letting one forget how hot it is!—will lighten the daily burden to a marvellous extent, and as our minds in a great degree control our bodies, the spirit of cheerfulness will have a decided effect in keeping our bodies strong and healthy during the hot weather.

A word about the home dress: Short skirt of dark linen or serge and simple shirt-waist is *par excellence* the costume for “housewives” who take the supervision of their homes during the morning, then, after the afternoon rest and bath, a cool dimity or muslin,—as simple as you please, but put on with as much care as when dressing for company,—and you will be more than repaid by the good moral effect it will have on yourself, as well as the pleasure your dainty appearance will give to the tired father, husband, or brother on his return home from the heat and worry of office life.

Where there is a yard at the back of the house much may be done with a few flowers and vines along the wall, a grass-plot in the centre, and a hammock slung across one corner to form a resting-place on a hot summer evening; and if you are so fortunate as to possess a flat roof, the possibilities are unlimited. I read lately of a man who grew sufficient fresh vegetables on his roof to supply his table all summer. Flower-boxes make a charming fence around the edge of the roof. A cosy corner with a hammock under an awning, rugs, five o'clock tea-table, and easy chairs will tempt you to steal many a spare hour for rest in the open air, and the men of the family will hail with delight the airy vastness of the roof-parlor, where smoke is wafted away into space, and the glories of sunset and moonrise viewed from a steamer chair will dispel for a few hours the remembrance of the intense heat of the city streets.

A lady I know has after-dinner coffee served on the roof during summer, and her roof-parlor is a source of rest and refreshment to her friends.



MR. J. PIERPONT MORGAN has given sixty thousand dollars for the erection of a deaconesses' home for St. George's Parish. The house will occupy the premises Nos. 208 and 210 East Sixteenth Street, New York City.

MISS ELLA E. TRUMAN, Class of 1891, of the Illinois Training-School, by virtue of her duties as visiting nurse in Los Angeles is a regularly appointed city Health Officer and Sanitary Inspector.